

NBRC Lap Pool May 11-17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am 6:30am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00		
7:00am 7:30am						3 lanes open 7:00-9:00 Bldr Swim	
8:00am 8:30am		4 lanes open 8:00-9:00 Drop-in H ₂ 0 Fit		4 lanes open 8:00-9:00 Drop-in H ₂ 0 Fit			2 lanes open 8:00-9:30
9:00am 9:30am	4 lanes open 9:00-10:00 Drop-in H ₂ 0 Fit		4 lanes open 9:00-10:00 Drop-in H ₂ 0 Fit		4 lanes open 9:00-10:00 Drop-in H ₂ 0 Fit	3 lanes open 9:00-10:00 Flatirons	4 lanes open 9:30-10:30
10:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	4 lanes open	9.30-10.30 BAM
10:30am 11:00am	3 lanes open 10:30-11:30 BAM	9:00-12:00	3 lanes open 10:30-11:30 BAM	9:00-12:00	3 lanes open 10:30-11:30 BAM	10:00-11:00 Flatirons Lap Swim 11:00-12:00	
11:30am	DAIVI		DAW		DAW		Lap Swim
12:00pm	Lap Swim 11:30-4:00	4 lanes open 12:00-1:00 BAM	Lap Swim 11:30-4:00	4 lanes open	Lap Swim		10:30-1:00
12:30pm				12:00-1:00 BAM			
1:00pm		Lap Swim 1:00-4:00				4 lanes open 1:00-4:00 Open Swim, Drop Slide, &	4 lanes open 1:00-4:00 Open Swim, Drop Slide, &
1:30pm				Lap Swim 1:00-4:00			
2:00pm							
2:30pm							
3:00pm					11:30-7:00	Diving Board	Diving Board
3:30pm							
4:00pm	4 lanes open 4:00-5:00 BHS 3 lanes open	4 lanes open 4:00-5:30 BHS	4 lanes open 4:00-5:00 BHS	-5:00 BHS 4:00-5:30		Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
4:30pm			3 lanes open				
5:00pm 5:30pm	5:00-6:00 BHS & Elks 4 lanes open	4 lanes open	5:00-6:00 BHS & Elks Lap Swim				
6:00pm		5:45-6:45 Drop-in Zumba		Lap Swim 5:30-7:00			
6:30pm	6:00-6:30 BAM 2 lanes open 6:30-8:00 BAM, Aqua Fitness, Aqua Training	5 lanes open 6:45-9:00 Staff Training	5 lanes open 6:00-9:00 Staff Training				
7:00pm				5 lanes open 7:00-9:00 Staff Training			
7:30pm							
8:00pm	6 lanes open 8:00-9:00						
8:30pm							
9:00pm							

^{*}Indicates # of lap lanes available to public for lap swimming